

USDA National Nutrient Database for Standard Reference Release 27

Statistics Report 15135, Fish, yellowtail, mixed species, raw

Report Date: October 08, 2015 14:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	74.52	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	146	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	611	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	23.14	--	0.217	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	5.24	--	0.295	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Minerals													
Calcium, Ca	mg	23	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Iron, Fe	mg	0.49	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Phosphorus, P	mg	157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	420	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Sodium, Na	mg	39	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.52	--	0.068	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	2.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Thiamin	mg	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	6.800	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.590	--	0.102	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	4	--	1.292	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	4	--	1.292	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Vitamin B-12	µg	1.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin A, RAE	µg	29	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	29	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	95	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Lipids													
Fatty acids, total saturated	g	1.280	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Fatty acids, total monounsaturated	g	1.990	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Fatty acids, total polyunsaturated	g	1.420	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Cholesterol	mg	55	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Amino Acids													
Tryptophan	g	0.259	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	1.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	1.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine	g	1.881	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	2.126	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.685	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.904	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.781	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.192	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.385	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.681	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.370	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	3.455	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	1.111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline	g	0.818	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.944	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987